1 in 2 pregnant women consume MORE calories than required but LESS nutrients than required.

An astounding number of pregnant women do not consume the recommended daily amount of important nutrients:

- 43.8% Women Zinc deficient
- 33-89% Women Iron deficient
- 27% Women Vitamin A deficient
- 80-90% Vitamin D deficient

A proper, well-balanced diet including multi-micro nutrients during pregnancy can significantly reduce the risk of Low Birth Weight (LBW), Preterm Birth and babies born Small for Gestational Age.

To meet the gaps in your diet and nutrition, add Prenatal (or Antenatal) Nutrition supplement to your daily routine.

**Advanced Nutrition for a healthy pregnancy**

Say goodbye to multiple pills. Trimacare is a one-stop solution for all your needs.

**Ask your doctor today!**

Call +91 966 792 1818 for free home delivery within 24 hours

Nutrition Handbook for Pregnancy

Available at chemists near you.
How much to eat?

<table>
<thead>
<tr>
<th>BMI</th>
<th>Trimester 1</th>
<th>Trimester 2</th>
<th>Trimester 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal (18.5 – 23 BMI)</td>
<td>2000 kcal/day</td>
<td>2300 kcal/day</td>
<td>2650 kcal/day</td>
</tr>
<tr>
<td>Overweight (&gt;23 BMI)</td>
<td>2000 kcal/day</td>
<td>2200 kcal/day</td>
<td>2400 kcal/day</td>
</tr>
<tr>
<td>Underweight (&lt;18.5 BMI)</td>
<td>2000 kcal/day</td>
<td>2400 kcal/day</td>
<td>2600 kcal/day</td>
</tr>
</tbody>
</table>

Do not over-eat or force-feed yourself. Listen to your body.

Drink 8-10 glasses of water/fluids every day

Why?

- Fluid needs increase during pregnancy in order to support fetal circulation, amniotic fluid and increased blood volume.
- Water improves digestion.
- Water eliminates toxins from the body and reduces the risk of having Urinary Tract Infection (UTI), common during pregnancy.

When to eat?

✔ Eat at the same time every day
  The body self-learns when to secrete insulin and how to balance your hormones throughout the day.

✔ Eat at least 5 to 7 times a day
  Breakfast, lunch, dinner and 2 to 4 snacks, with a gap of not more than 4 hours between each meal. Smaller meals in short intervals are easier to digest than bigger meals in longer intervals. Frequent meals prevent the side effects of nausea & heartburn during pregnancy.

✔ Maintain a gap of 2 hours between your last meal and sleep
  This reduces bloating and indigestion, commonly experienced during pregnancy.

After your meal, rest or relax for a few minutes so that food can get digested well and the blood can flow to your baby.

Cravings & Aversions:
Food cravings and aversions occur in nearly 60% pregnant women. The specific cause is not known however, changes in hormonal balance leads to change in smell and taste.

Pica:
If you crave for non-food items such as dirt, clay, chalk, ice, paint etc. then you may have a condition called Pica. Its usually a sign of iron deficiency and should be discussed with your doctor immediately.

What to eat?

A BALANCED & NUTRITIOUS DIET

- Carbohydrates (Cereals, Pulses) 350 kcal/day
- Protein (Milk, Curd, Cheese, Lean Meat) 78 gm/day
- Fats (Oil, Ghee, Butter) 30 g/day

Vitamins & Minerals
(Fruits, Vegetables, Nuts & Seeds)
As per Required Daily Allowance or RDA

Ingredients & How to prepare?

✔ Consume more seasonal & locally available ingredients.
✔ Consume ingredients that are fresh and least in the cold storage.
✔ Avoid ingredients which are heavy on pesticides, chemicals & genetically modified.

Diet in special conditions

- Morning Sickness
  ✔ Ginger
  ✔ Lemon
  ✔ Foods high in Vitamin B6
  ✔ Any cereal immediately after you wake up
  X Spicy & fatty food
  X Skipping meals

- Constipation
  ✔ Water
  ✔ Fiber (bran, fennel)
  ✔ Asofetida & cumin
  ✔ Munna and lukewarm water
  ✔ 1 Teaspoon of ghee with meals
  X Maida & other starchy, non-fibrous food

- Gestational Diabetes
  ✔ Cinnamon
  ✔ Fenugreek seeds
  ✔ Low GI grains like brown rice/red rice/wheat/oats etc.
  X Sugar
  X Maida & starchy food
  X Processed & packaged food.

- Gestational Hypertension
  ✔ Turmeric, ginger, cinnamon as natural blood thinners
  ✔ Foods having Vitamin K
  X Salt

- Urinary Tract Infection
  ✔ Water
  ✔ Berries especially cranberries
  X Barley water

Avoid:

In pregnancy your immune system is low, therefore you are more susceptible to bacteria, virus & foodborne illness. Some of these foods may contain E. coli, Listeria or Salmonella.